

South Dakota **Charting the LifeCourse**
November, December, & January
Events & Opportunities

SOUTH DAKOTA
COMMUNITY OF PRACTICE
FOR SUPPORTING FAMILIES

Charting the LifeCourse was created to help individuals and families of all abilities and all ages develop a vision for a good life, identify how to find or develop supports, and discover what it takes to live the lives they want to live. The framework is designed to be used for your own life, for your family members or in the work you do. Check out these events ... *You'll be glad you did!*



November 2020

Good Life Group Sessions - Focus: Caregivers - National Family Caregiver Month

Dates: Wednesday, November 11 and 25, 2020

Times: Noon - 1 pm CT/11:00 am-Noon MT and/or 8-9 pm CT/7-8 pm MT

Join at: <https://us02web.zoom.us/j/89094572237?pwd=RklteVZmNkYyYbERkUjVEL0RmZz09>

Using Charting the LifeCourse for a Good Life!

Date: Thursday, November 19, 2020

Time: 1:30 - 3:30 pm CT/12:30 - 2:30 pm MT

Register: <https://us02web.zoom.us/meeting/register/tZ0qceurrTgvHtwDKtCbqKHS8qfX306IEPXU>

Charting the LifeCourse Webinar #6 - Social & Spirituality

Building friendships, relationships, leisure activities, personal networks, and faith communities

Presented by: Deanna Wollman & Elaine Roberts

Date: Wednesday, November 18, 2020 **Time:** Noon-1 pm CT/11 am-Noon MT

Register: https://us02web.zoom.us/meeting/register/tZcpf-mpqjluKQnZxv1OzGkKLIDVM_CMfw

December 2020

South Dakota Supporting Families CoP State Team Meeting

Date: Wednesday, December 2, 2020

Time: Noon-1:30 pm CT/11 am-12:30 pm MT

Contact: Brooke Nelson at brooke.nelson@state.sd.us or 605-688-5103

Good Life Group: Focus: Supported Decision-Making & Guardianship Alternatives

Dates: Wednesdays, December 9, 2020 and December 23, 2020

Times: Noon CT/11:00 AM MT and/or 8-9 pm CT/7-8 pm MT

Join at: <https://us02web.zoom.us/j/89094572237?pwd=RklteVZmNkYyYbERkUjVEL0RmZz09>

Using Charting the LifeCourse for a Good Life

Date: December 17, 2020

Time: 1:30-3:30 pm CT/12:30-2:30 pm MT

Register: <https://us02web.zoom.us/meeting/register/tZ0qceurrTgvHtwDKtCbqKHS8qfX306IEPXU>

January 2021

Good Life Group: Focus: Let's explore the Quick Guides from the Life Experiences Series

Dates: Wednesdays, January 6, 2021 and January 20, 2021

Times: Noon-1 pm CT/11:00 am-Noon MT and/or 8-9 pm CT/7-8 pm MT

Join at: <https://us02web.zoom.us/j/89094572237?pwd=RklteVZmNkYyYbERkUjVEL0RmZz09>

Using Charting the LifeCourse for a Good Life - 2 Opportunities!

Date: Thurs., January 14 or January 28, 2021

Time: 1:30-3:30 pm CT/12:30-2:30 pm MT

Register: <https://us02web.zoom.us/meeting/register/tZ0qceurrTgvHtwDKtCbqKHS8qfX306IEPXU>

Charting the LifeCourse Webinar #7 - Healthy Living

The 7th Webinar through the lens of the Charting the LifeCourse Life Domains

Presented by: Brenda Smith

Date: January 13, 2021

Time: Noon-1:00 pm CT/11:00 am-Noon MT

Register: https://us02web.zoom.us/meeting/register/tZcpf-mpqjluKQnZxv1OzGkKLIDVM_CMfw

Charting the LifeCourse...What's Happening in South Dakota?

Good Life Group Sessions: A “space” for families, self-advocates, and professionals to connect over topics that are important to them. Each session will feature a focus topic and be hosted by a LifeCourse Ambassador. Bring your thoughts and questions for a lively discussion, shared tips and tricks, as well as concerns or struggles you might face.

Charting the LifeCourse Training: An opportunity to learn and practice the Charting the Lifecourse framework, principles, and tools. These sessions will help you learn how to use the LifeCourse Framework in your life and in your work.

Supporting Families Community of Practice State Team Meeting: State Team members representing organizations, agencies, family members and self-advocates from across the state meet bimonthly to share information, resources, and work on shared goals.

Charting the LifeCourse Webinar Series: These webinars focus on the six Life Domains that are the building blocks of the LifeCourse Framework and are presented by LifeCourse Ambassadors. *Register for the webinars at:*

https://zoom.us/meeting/register/tZcpf-mpqjluKQnZxv1OzGkKLidVM_CMfw

SOUTH DAKOTA COMMUNITY OF PRACTICE FOR SUPPORTING FAMILIES



For Information, Contact:

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Kim Percival

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Charting the LifeCourse Resources

- lifecoursetools.com - You will find loads of information, videos, and many downloadable tools and resources!
- **Facebook: SD Charting the LifeCourse** - Learn what's happening in SD with the Supporting Families Community of Practice and LifeCourse.
- <https://dhs.sd.gov/developmentaldisabilities/lifespan.aspx> - The South Dakota Department of Human Services, Division of Developmental Disabilities has information about the Supporting Families Community of Practice and links to LifeCourse tools.



South Dakota

Charting the LifeCourse Good Life Groups

SOUTH DAKOTA
COMMUNITY OF PRACTICE
FOR SUPPORTING FAMILIES

*An opportunity to connect with others and
think about possibilities!*

Good Life Groups are “spaces” for families, self-advocates, and professionals to connect over topics that are important to us. Each month a different topic will be featured and we'll share LifeCourse information on that topic. There will also be plenty of time for conversation.

Bring your ideas, questions, and a friend! We won't have all of the answers, but we will work on problem-solving and coping as we all strive for a Good Life!

Good Life Groups

- 2nd and 4th Wednesday of the month
- First Session: Noon-1 pm (CT)/11 am-Noon (MT)
For professionals, self-advocates, and families
- Family Session: 8 pm-9 pm (CT)/7 pm-8 pm (MT)
- No registration required. Join the session by clicking on the Zoom link below.
- Sessions facilitated by a SD LifeCourse Ambassador

Join Zoom meeting: <https://us02web.zoom.us/j/89094572237?pwd=RklteIVyZmNKb2YybERkUjVEL0RmZz09>

Good Life Group Schedule

November 2020

Featured Topic: Caregivers & Self-Care

Dates: Wednesday, November 11 & 25, 2020

1st Session: Noon-1 pm CT/11:00 am - Noon MT

Family Session: 8 pm-9 pm CT/7pm-8pm MT

December 2020

Featured Topic: Supported Decision Making & Alternatives to Guardianship

Dates: Wednesday, December 9 & 23, 2020

1st Session: Noon-1 pm CT/11:00 am - Noon MT

Family Session: 8 pm-9 pm CT/7pm-8pm MT

January 2021

Featured Topic: We'll explore the Quick Guides in the LifeCourse Life Experiences Series

Dates: Wednesday, January 6 & 20, 2021

1st Session: Noon-1 pm CT/11:00 am - Noon MT

Family Session: 8 pm-9 pm CT/7pm-8pm MT



More Information?

Contact:

Brooke Nelson

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or

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These opportunities are offered to South Dakotans through a Sustaining Person-Centered Approaches grant to the SD Department of Human Services, South Dakota Division of Developmental Disabilities from the South Dakota Council on Developmental Disabilities.